



sids
SUDDEN INFANT DEATH SERVICES

IDEAS FOR MEMORIALIZING YOUR CHILD

- ◆ Draw a heart and put your child's initial inside of it and use it when you correspond with friends and family
- ◆ Write a poem or story in honor of your child
- ◆ Ask family and friends to write their memories of your child and place them in a scrapbook or diary
- ◆ Help put together a local memorial service or service of remembrance for you and other bereaved
- ◆ Write a song for your child
- ◆ Make a quilt square – be creative! You can use items of your child's clothing, photos or other mementos. Send it to SIDS of IL, Inc. office to be included in a large memorial quilt.
- ◆ Donate your *Time, Talent, or Treasure* in honor of your child
- ◆ Support local and national fundraisers in honor of your child
- ◆ Make a memory box and place mementos inside
- ◆ Create wreaths with mementos of your child – like rattles, pictures, booties, pacifiers...
- ◆ Make transfer art using an iron and transfer media to put your child's photo on tee shirts, bags, quilt squares...
- ◆ Make a shadow box with mementos of your child
- ◆ Stamp art – make note cards that are in memory of your child or all the babies gone too soon
- ◆ Plant a garden or tree in honor of your child – use perennials and hardy bushes
- ◆ Set up a scholarship in your child's name at the local college or your alma mater
- ◆ Journal, journal, journal...
- ◆ Donate books in honor of your child to your local library or elementary school
- ◆ Cover a photo album with cloth cut from articles of your child's clothing
- ◆ Make a button with your child's photo on it (or have one made)
- ◆ To celebrate a birthday – make a "cake" out of suet and peanut butter and put it outside for the birds to enjoy
- ◆ Place a flower on your child's grave – yellow roses signify remembrance
- ◆ Have a charcoal drawing made of a favorite photograph of your child
- ◆ Using a favorite photo, have your child's likeness etched on to a locket or a jewelry disc
- ◆ Listen to music that reminds you of a happy memory while journaling
- ◆ Have a teddy bear made out of your child's clothing
- ◆ Have a bracelet made with the name or names of your child/children
- ◆ Make a donation to SIDS of IL, Inc. in honor and memory of your child
- ◆ Purchase a leaf for the Tree of Remembrance from SIDS of IL with your baby's name engraved on it